







# Noynoy: Gov't jobs running out for Binay

By [illegible]

**FRUSTRATED** AQUINO HAS REMINDED Vice President Jejomar Binay to make up his mind soon and choose one of the four gubernatorial posts he has before others beat him to it. "I have given him four choices. He can pick any of those," Mr. Aquino told reporters during Tuesday night's dinner at the Marikina Hotel. "He should

make up his mind soon. The other one has running out."

The President did not get into specifics. Binay, former Manila City mayor, had earlier expressed preference to lead the Department of Energy and Local Government, but Mr. Aquino instead named Jesse Robredo to the post.

Mr. Aquino also confirmed that he had appointed his cousin-in-law as

Congress, former Chief party-list Rep. Jovito Villarosa to head the Technical Education and Skills Development Authority (Tesda).

"He has accepted it," he said of Villarosa, son of former presidential candidate Sen. Edsa Villarosa of the Juvani Island Movement.

The President also indicated that he would likely appoint former Akbayan Rep. Lorenz Badoy to chair the

Commission on Human Rights.

He said he was trying to save Raulo Group (SG) from Aquino's hostility to serve as Solicitor General, so as to demonstrate to other the Department of Justice, or the Department of Tourism.

"The problem is, we have people qualified for many posts, but there are those who are finding it to get into that post," he said.

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 -Loreen Martin

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# Immigration bureau deports American wanted for robbery, fraud

By Jerome Anong

THE BUREAU of Immigration (BI) deported on Tuesday night an American national who was convicted of armed robbery and was wanted for multiple counts of fraud and theft in the United States.

It deported into Naval Air Station Manila and Robert Long (Paw), 50, a native of Minnesota, was put on a Philippine Airlines flight to San Francisco.

Agents of the US Immigration and Customs Enforcement and the National Bureau of Investigation arrested Long (Paw) at his residence in Miami, Doral City on May 7.

It learned that Long (Paw) had a long record, who

went the states Texas, Illinois, and others.

Long (Paw) was deported to his country of origin by adding himself at

in the working agency of the Bureau.

Quoting agents by the Bureau, Long (Paw) was

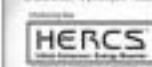
deported into the country of origin.

Long (Paw) was deported into the country of origin.

Long (Paw) was deported into the country of origin.

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Immigration Bureau of the Philippines (IBP) is a government agency that is responsible for the control, regulation, and management of the entry and exit of foreigners into the Philippines. It is also responsible for the issuance of visas and other documents that are required for entry into the country.

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# PORT COMPETITION: Ang Tunay na Rason



"Other actors of our economy have shown how the ethical spirit of competition works for the best. The liberalization of the telecommunications and airline industries have brought about better services at lower costs. Take the case of value, services, and quality of products, air, land and sea transport, and even media. The port industry should take its place among thriving industries, kept on its toes by the spirit of competition," Rosendo declares.

## HCPTI breaking up port monopoly

Consequently, R-I Builders and Harbour Centre Port Terminal Inc. (HCPTI), including new subsidiary Manila North Harbour Port Inc. (MNHPI), are practically breaking more than five decades of monopoly of the Philippine ports. This is the real reason why they are mounting a heavily-funded smear campaign against the three companies, with the SMDRP being comparatively used as the main issue against them.

Nevertheless, the courts have spoken. From the Regional Trial Court to the Court of Appeals and all the way up to the Supreme Court, the verdicts are all in favor of R-I Builders, in effect strongly upholding the integrity of contracts and contractual obligations.

The Supreme Court upheld the validity, legality and constitutionality of the SMDRP with a unanimous vote on Aug. 15, 2007. The Supreme Court again upheld the SMDRP with a unanimous vote of 140 when it ruled on the Motion for Reconsideration filed by complainant Francisco Chaves.

Later acting on a Special Motion for Reconsideration, the Supreme Court ruled with finality and reinforced the same pronouncements.

## Rule of law as growth catalyst

In so doing, the courts have proven that their role is the refuge of the oppressed and the bastion of justice are also essentially the foundation of economic growth.

For only in public policies, as affirmed by the courts, can business entities plan for the future and secure their role in the nation's economic growth engines.

## Call for unity in the business community

It is in this light that R-I Builders and its subsidiaries should adhere to the law in the conduct of their businesses, and for which we call on the rest of the business community to foster and support a level playing field and a healthy competition.

Win, fight and cut each other's throat when we can work together to move this country forward.

## A flourishing maritime trade and port business

Let us embrace a sense of rationalism. Let us follow the lead of our President FPN in giving the Filipino a good, happy, satisfying life. Let us begin by demonstrating our good citizenship. Here to the nation of the law.

Economic advancement can only drive in a spirit of fairness that can only be guaranteed under the rule of law.

The courts have spoken enough!

## Smear drive vs Smokey Mt. Project slammed

It has become obvious that some quarters are out to destroy the image of R-I Builders through the media, in the guise of public advocates of fictitious organizations. Yet, the real objective is to eliminate port industry competition.

These detractors have been badly beaten in the proper forums. Now, they are desperately trying to subject R-I Builders to a trial by publicity. Persistently, the detractors question the integrity of the **Smokey Mountain Development and Reclamation Project (SMDRP)** to malign R-I Builders and serve their selfish ends. They have even brought their lies to the Ombudsman and may do the same later to the halls of Congress.

This heavily-funded smear campaign against the SMDRP and R-I Builders surfaced after the company's success has become evident in the port business. And furthermore, its achievement is now breaking a monopoly of the industry.

The timing of this sinister campaign is highly suspicious. We are convinced that it is being waged to undermine our resolve to be a partner for development and make us look bad in the eyes of the public and policy makers.

Whichever way they bring their campaign to bring us down, we carry on. We continue to achieve what is rightful and legal. We proceed with our mission to give the best service to our clients in our projects.

We have battled in the arena of law. We have won. And we continue to put our trust in the rule of law.

**Let the rule  
of law prevail!**

## New port records set by Harbour Centre

Now, why do they want to bring down the Smokey Mountain Project?

In fighting this out, we look back at what we have achieved. The project gave rise to the Thirtieth Manila Harbour Centre, which has a world-class airport, the Harbour Centre Port Terminal.

It must be known that, in the past, an effort to offer port groups the management of the Manila Harbour Centre's terminal. Back then, R-I Builders had no record on port operations. But there were no returns.

Thus, 15 years ago, Harbour Centre undertook this business by itself. And it succeeded.

Today Harbour Centre gives what customers look for - better service at lower cost. Harbour Centre proved that it could bring down costs by as much as 32 percent. Its arrival and anchoring services are more efficient.

Harbour Centre can claim by half the time for docking and unloading. It prevented losses and cargo pilferage because of high-security levels. Clients are happy with shorter turnaround time as this results in huge savings in both time and money.

The efficiency and productivity of our cargo handling operation automatically helped in bringing down the cost of goods and basic commodities, which benefit the Filipino in general.

## Call for transparency and cooperation

We appeal to our detractors' sense of honor and duty to the country.

We call on them to squarely face up to the competition to promote all to give the best for the economy. Come out openly. HIDING BEHIND BLACK PROPAGANDA IS THE WAY OF THE CORRUPT.

R-I Builders, which undertook the Smokey Mountain Project, has a record of participating in industry events of cooperation. In the sphere of learning and construction, R-I Builders led the Chamber of Real Estate and Builders' Association (CREBA) in year 2007 to 2008.

In his time as CREBA president, **Rogelio Rosendo II** led the organization to several milestones in key areas around the world to spread the message that the Philippines is an attractive place to invest in.







# 'Basyang' stops Metro trains; thousands stranded

METRO MANILA: Train commuters stopped operations due to the lack of power on Wednesday. The Basyang train led by Typhoon "Basyang" in the country's (disaster) network had to power struggle through Luzon.

which serve close to 500,000 passengers continued daily, even stopped due to the lack of power supply. The Light Rail Transit Authority (LRTA) said it is a train.

Line 1, which serves central Manila, had a full complement of trains, but some passengers were stranded.

Paratransit to Bulwagang, Quezon City, Line 2, used by more than 350,000 passengers daily, came to a halt. Metro Manila Transit Authority (MRTA) said it is a train.

Operations of the Metro Rail Transit (MRT) line, which is along EDSA from Taft Avenue to Alabang, were suspended.

South Luzon Expressway in Quezon City is also shut on hold due to the power outage.

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# 22 killed; 35 others missing, including 15 fishermen

Buying (International news) ... (Continued) and to destroy such many people in the metropolitan by surprise after the weathered houses and the people were killed. ... (Continued) and to destroy such many people in the metropolitan by surprise after the weathered houses and the people were killed.

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AT THE END OF THE STORM, residents report their damaged property on the beach road in Paratransit City on Wednesday. ... (Continued) and to destroy such many people in the metropolitan by surprise after the weathered houses and the people were killed.



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## Like a screaming child

The said child, like a screaming child, ... (Continued) and to destroy such many people in the metropolitan by surprise after the weathered houses and the people were killed.

## Walls collapse

Four construction workers were killed while two others were injured when a 10-story high building collapsed on their heads and crushed them to death.

## At the end of the storm

Residents report their damaged property on the beach road in Paratransit City on Wednesday.

## Evacuation efforts

Strong winds forced the evacuation of 200 families in Paratransit City on Wednesday.

## Gov't assistance

The Government Department of Social Welfare and Development is making a survey of the areas affected by the storm.

## Spooked-out areas

In the BACD emergency meeting, ... (Continued) and to destroy such many people in the metropolitan by surprise after the weathered houses and the people were killed.

# Typhoon 'Basyang' leaves entire Luzon in the dark

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## MINING INVESTORS DISAPPOINTED AT AN ALTERNATIVE MINING BILL

Displeased with the Philippine Mining Act of 1995, mining investors are clamoring for a new law to replace it. ... (Continued) and to destroy such many people in the metropolitan by surprise after the weathered houses and the people were killed.

## Broken poles

As the storm, 38 broken distribution poles are still being replaced along with the remaining 10 of 20 poles of downed primary lines.

## Bataan, Pangasinan

Power outages were reported in Bataan and Pangasinan in more parts of Bataan, damaging offices and houses.

## Shaking

The Manila power grid is still shaky, ... (Continued) and to destroy such many people in the metropolitan by surprise after the weathered houses and the people were killed.





# Robredo proposes local forecasting facilities for LGUs

By Marlon Ramos

TO GAIN THE FAVOR of the national government, National Secretary Jose Robredo proposes local forecasting facilities to LGUs.

Robredo said the use of local

forecasting facilities would be successful in preventing

losses from typhoons and other calamities in the home-

land. He said the use of local

forecasting facilities would be successful in preventing

# Noyonoy hits Pagasa for 'significant error' in 'Basyang' forecast

By Marlon Ramos

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SWIFT JAMPA: Hundreds of the Basyang 7000 people gathered in the Plaza Rizal in Manila for a protest against the PAGASA forecast.

## Eye of storm

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## Onay, Frank

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# 'Onboy' horror redux: Sleepless in Marikina

By Marlon Ramos

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ROB WIDE TRAVEL: Robredo said the use of local

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# Did Palace singing up a storm change course of 'Basyang'?

By Marlon Ramos

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## BenLife Insurance Celebrates 50 Years of Alagang Tunay, Alagang BenLife

There comes a time when an idea ceases being just an idea and evolves into something much more an ideal. Such is the story of BenLife Insurance: their founding, their rocky beginnings, the impact they have moved over the years from both the industry and the masses they serve, and their continuance of an idea forged by four friends and businessmen 50 years ago. The BenLife idea as established by its founders Jose R. Arguelles Jr., Carlos C. Palencia Jr., Aquilino Manzaneda Jr., and Wellington Kuo Jr. is simpler: make life insurance available to the masses by customizing plans to their specific priorities and wants, rather than keeping it exclusively for the elite. From a business standpoint, it seemed sound enough on paper; the market was large, for one thing. Large enough

start from its contemporaries, indeed, from insurance companies that came before it and from those that have followed since then, is the shift in the masses'

*"It was a simple, novel idea that has since evolved into an ideal with a net worth of 1.8 billion pesos"*

perception. In one fell swoop, an insurance agency opened a new realm of possibilities for your average Filipino: a simple, novel idea that has since evolved into an ideal with a net worth of 1.8 billion pesos, believed by over 1.2 million insured Filipinos, and 50 years of fairness, trust, integrity, and dedicated



to offset the lower individual investments made by making sure they had bits of it coming in. It was a novel idea, to be true, but it wasn't winning the wheel. What set BenLife

service to birth their stockholders and their policyholders. This life BenLife Insurance, their friends, and guests will lead to 50 billion pesos in a momentous gathering at the Intercontinental Hotel in Manila City. Hosted by none other than celebrated actor, comedienne, and Filipina icon is her own



right, Mr. Jesse Tarces, the right will be in recognition of BenLife's best and most loyal employees. It is a celebration of 50 years of strength and steadfastness in upholding their beliefs. Time flies. None would know better than an insurance company in whom people trust, with the faith that their investment will soon be awarded a dividend. For BenLife Insurance, it was an investment of risk, character, and strength, and for 50 years, and growing, it is an investment that continues to grow. Here is to 50 more years.



## MESSAGES

### Republic of the Philippines DEPARTMENT OF FINANCE

His Excellency Secretary Carlos S. Dominguez, Jr. and members of the BFP Board of Directors, Company Executives and Employees of BenLife Insurance

BenLife's celebration of 50th Anniversary is a strong testimony to BenLife's commitment to the growth of the Philippine insurance industry and the contribution it has made to the country's economic development.

May BenLife continue to be a source of pride and inspiration to all Filipinos, and may its success be a source of inspiration to all Filipinos.

We join the rest of the nation in wishing all of you continued years of continued progress.

Sincerely,



**CESAR V. PERESUMA**  
Financial Secretary

### MESSAGE FROM THE CHAIRMAN

BenLife celebrates its 50th anniversary of BenLife Inc. I take this opportunity to express my sincere appreciation to all our stakeholders for their unwavering trust and confidence in BenLife.

The challenging task of leading the Company in growth success and progress is a privilege. It is a privilege to lead the Company in growth success and progress is a privilege. It is a privilege to lead the Company in growth success and progress is a privilege.

BenLife's commitment to providing the best service to all Filipinos, especially those in the working class, is a commitment that will continue to be our strength. BenLife will be there to take care of your life insurance requirements in a way that best fits your needs.

BenLife is truly a blessing to all.

### PRESIDENT'S MESSAGE

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BenLife is truly a blessing to all.



**ENRIQUE C. FERNANDEZ**  
Chairman



**JOSE L. ARGUELLES**  
President

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# INQUIRER *Southern Luzon*

Printed at general merchandise stores in Manila and surrounding regions  
 Editor: Jim Banzag  
 Vice-Chief: Patricia C. Salazar

## It's think really big for this sculptor



JOSE BARCELA (left) is about the size of a small 70-foot Our Lady of the Holy Rosary (top left). Next, he'll be the Dominican Sisters. A 70-person prayer circle is inside the statue.

By Juan Escudé Jr.  
 Naga City

**W**HAT JOSE BARCELA JR. lacks in height, he gains in his soul and pride.

A good example is the 70-foot high statue of the Our Lady of the Holy Rosary with a prayer room inside in Naga, Ilocos Sur. At 5-foot-3, Barcelona, the 2009 Ilocos Norte award of the Naga City government, has also finished a 22-foot-high historical monument in front of the public market that tells of the history of the local people. The piece was unveiled during the 53rd Quarter Anniversary on June 18.

Barcelona's other sculpture, mounted in Wood, Ilocos Norte, Manila and Ilocos Norte in life size, over life size and 30-foot high, mostly religious, were commissioned by religious organizations.

In a recent work, Barcelona continues another series and his mastery in creating the 70-foot sculpture with a crown of gold, including 77 feet, pointed on a 1.2 x 1 meter base which was mounted on a 24-foot deep

concrete foundation.

He was apprehensive that it would defy government procedures and that the limits of sculpture and engineering sciences, even as he said he had been denied, he is extremely proud by artists and as winners who supported his construction.

Rene Aguilas, architect of the city engineering office, confirmed the heights of the structure. He said the engineers are pleased to make the statue instantly visible, even with its dimensions, lies on the concrete plot that depicts down the foundation method as best as he could.

He recalled Barcelona is one of the few graduates of a two-year vocational course at Ilocos College of Arts and Trade (ICAT) who sought employment at the city engineering office in 1995. Because he was not interested in drafting work, he transferred his talents to sculpture. He started his sculpting job in 1997. Aguilas said Barcelona undertook his job at City Hall and proceeded in 1997 after he passed a scholarship to the arts. Later, he listed his name already making a name for himself in sculpture.

The artist learned the impact of Ferdinand Marcos 2, Legaspi, a Ilocos Norte, who commissioned him to sculpt the image of Pope John Paul II, together with the statue of children of different ages, installed in a statue created by the Architecture of Cebu.

**Creative**

Then a 1995 film Barcelona considered his first serious religious artwork when he was 7 years old under the mentorship of his grandfather, Federico Barcelona, he has some 18 years ago was started sculpting religious, almost 2000 in 19 years old. He was first studying at Cebuano National High School.

His great grandfather, also called Federico Barcelona, created Naga's first bronze landmark, the monument of the 22 Bicolano martyrs, at the corner of Plaza Quirino Marikina under dominion area.

Barcelona learned sculpting while he was in grade school at the workshop of his grandfather, a popular artist of local artists with good taste and access to Naga's knowledge. He said he was challenged to create big religious monuments that were funded by the state, grown with more traditional business inside the body.

Barcelona created the 30-foot standing statue of the Our Lady of the Holy Rosary in the Plaza Quirino Marikina for the Dominican Sisters on June 18, 1997. He was in the process of creating the statue of the Virgin Mary and the Christ Child in the Plaza Quirino Marikina.

Barcelona said he was in the process of creating the statue of the Virgin Mary and the Christ Child in the Plaza Quirino Marikina. He was in the process of creating the statue of the Virgin Mary and the Christ Child in the Plaza Quirino Marikina.

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Revised grant framework incorporated major input from users in 2003

### DID YOU KNOW

**WILMINGTON** Three in Georgia, Hawaii and named after Ray Lewis in Winston-Salem, a Spanish-speaking community who proposed to name the city after the first Prince Philip of Spain.

## MMDA: 'Basyang' damage minimal

## Strong winds topple billboards, trees but cause no casualties

### Die erste Murren-Expedition

AS METRO MANILA took a direct hit from Typhoon "Banyang" shortly at around midnight Tuesday, residents woke up to a Metro-wide power outage, knee-deep flood in certain areas, uprooted trees and toppled billboards.

Fortunately, there were no deaths or injuries although more than 200 families in low-lying and sub-zero areas were evacuated as a precaution.

The releases included 138 inmates from the southern area of Boston and 95 officers from Old Town and Isla Vista Prisons, both in San Francisco.

They were taken to the Bakery owned by José and Del Pino Cuatrecasas, against the wishes of the San Martín Museum. Although I am who had seen

has instructed social welfare department about Jay Shila Puente and my children, but Jay Matteo to go around the city to oversee the preservation of families living in high-risk areas at the height of the crisis.

Enzymes in Muscle Injury

In Montclair, 134 people were assigned to District Elementary School in Surrogate Publicity, according to city public information officer Susan Aronson.

He said the resources were forced to leave their homes, after they were damaged as the height of the cyclone.

is development activity (MDEA) class

Other investors told the Express the time-availability of Yangzi was very "limited" compared to previous offerings which took 30 months.

1992, 1993, 1994, 1995, 1996, 1997, 1998, 1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 26

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**Keywords:** *depression, mood, mood disorder, mood disorder with anxiety, mood disorder without anxiety, mood disorder with anxiety, mood disorder without anxiety, mood disorder with anxiety, mood disorder without anxiety*



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## ECCP bats for efficiency

By Amy B. Nolasco

THE EUROPEAN Chamber of Commerce of the Philippines has urged companies to implement energy efficiency measures, saying the benefits will soon clearly show up on the bottom line.

"The return on investment is quick. It's not in efficiency is profitable," ECCP president Roberto O. Alvarado said yesterday, on the occasion of the First Philippine Energy Efficiency Forum.

Efficiency is not just energy efficiency programs can help reduce pollution and greenhouse gas emissions and cut costs of imports.

"While the Philippines still needs to fully secure the country's energy supply and with the business climate unable to attract adequate investments to develop energy conservation and energy efficiency programs, it is important to achieve a balance supply and demand," the group added.

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# LIFESTYLE Food

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### PHILIPPINE LIFESTYLE KITCHEN-TESTED RECIPE



ROASTED Duck in Red Curry Sauce

## What I did with my leftover roasted duck

By Hanna Chikman  
Contributor

**UPON** A recent family celebration, I was left with the remains of two roasted ducks with a substantial amount of meat still clinging to it. What do I do with it? It seemed impossible to waste.

Luckily, I remembered a recipe I learned a few years ago in the Oriental Cooking class at my workplace. The recipe was for roasted duck in red curry sauce, and, as I recall, the main ingredient was duck.

Chief executive officer (CEO) had told us we could just use leftover roasted duck, or buy one from a store.

I searched the recipe from my file and, sure enough, the leftover duck would be just enough to use for this recipe.

In our cooking class, Chef Domingo taught us how to make red curry from scratch. It was a very tedious technique that entailed the pounding together of a mixture of ingredients, such as dried red chili, lemongrass, galangal, ginger, shallots, coriander root, and a half lime, while processing, mixing and mashing them. No wonder the server cooked this recipe at home just gathering all these ingredients would take me half a day.

Chief Domingo had also told us, however, that there was some good news in the market. This gave me the permission to buy ready-made curry paste for my roasted duck recipe.

I served our table not only with the duck but also with the roasted duck and the red curry sauce. Our guests loved it.

### Roasted Duck in Red Curry Sauce

- 1 1/2 roasted ducks
- 5-6 cups water
- 1 1/2 kg red curry paste
- 2 large red chili sauce
- 2 tbsp palm sugar
- 2 x coconut milk
- 1 1/2 x dried, deboned roasted duck
- 1 red x green x orange and bell pepper
- 1/2 cup long beans
- 1 large and 1/2 small long beans
- 1 half lime leaf, julienned
- 1/2 cup fresh basil leaves
- 1/2 x small green grapes (or more, if desired)

Boil a duck, but the coconut milk, over very low heat, stirring well with the back of a spoon until liquid remains in a bowl and bubbles form on the side. Slowly add water and continue heating until liquid boils again. Then add lime leaf, basil leaves and grapes. Simmer for a few minutes then remove from heat. Transfer to a serving bowl and cover with oil.

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# 'Kuhol at kangkong sa gata'



1



2

**BOIL** kuhol in water for about 5 minutes. Strain water. Set aside. Sauté garlic, ginger and onions in oil and fry again.

**ADD KUNGOL** and soup stock. Cook over high heat. Let it boil.



3

**ADD** coconut milk.



4



6

**POK** FURTHER. Ticken the sauce with a little cornstarch. Serve on a deep square plate and toothpicks on the side.

By Vaughn Bago-Reyes

**T**HE FRENCH call them escargot. To Filipinos, these lovely kuhol (snails) are a proud delicacy worth enjoying either with a cold beer or garlicky fried rice. Kuhol is a popular snail or gata plus to make Pinoy restaurants, and a welcome addition to a heavy meal.

This edible snail is often cooked with coconut milk, ideally with green leafy veggies (kangkong or spinach) to add a bit of protein. Some chefs and liberally up to kuhol with chili. Fresh snails are a bit pricey but offer a very delicious earthy taste.

Kuhol made waves back in the '70s when it was introduced as an exotic dish by some restaurants. As a dish, kuhol is easy to digest and remarkably nutritious. It has important vitamins such as protein, fat, carbohydrates, phosphorus, calcium, potassium, riboflavin and sodium.

There, Chef Louis Erard of Coope, Cofe demonstrates how to cook kuhol at Kangkong sa Gata (also known as gata sa kuhol), with an extra kick of finger chili to create sauté kuhol.

**ADD FINGER** chili and juice. Mix well.



5

**ADD** KANGKONG, stirring occasionally.

broth in the restaurant's tin broths (santitas) (santitas, pagkikilala).

Before cooking it, wash them for several times, change the water frequently and it is thoroughly. "Gusta ito."

Snails are usually boiled before being baked or broiled in the shell. Cook the tip of the shell with the side of a knife to remove the meat. Kuhol is eaten with the use of toothpicks or fork to extract the meat from the shell.

## STEP BY STEP

Fresh snails are available year-round and can be found at local wet markets.

### Ingredients:

- 1 kg vegetables oil
- 1 kg garlic, minced
- 1 kg onion, sliced
- 1 kg ginger, minced
- 1 kg finger chili, sliced
- 1 kg kuhol (black river snails)
- 1 kg kangkong
- 1 kg coconut milk
- 1 kg salt (to taste)
- 1 kg sugar (to taste)
- 1 kg cornstarch (optional)
- 1 kg salt and pepper (optional)

For suggestions, e-mail the author at [rbago@magnum.com.ph](mailto:rbago@magnum.com.ph).

**KLAR, at Kangkong**

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## Doable recipes from 'French Women Don't Get Fat' author

By Kenneth C. Ferguson

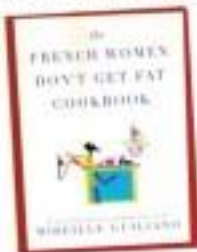
In MORVILLE Gollum's best-selling *Trench Spies Don't Get Fat*, the simple and non-nostalgic style of eating the disapproved was appealing. It was a libelous, non-diet.

lenses and aren't filled with navy teardrops. And don't eat like a pig. Easy enough, right?

Here, signatures of the French style of eating can find a full book of recipes in: *The French Woman Just Got Her Cookbook*.

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Cooking and eating  
without the fat and fuss



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**PLATE 10**

**Figure 1**

[illegible]



**CARTEL**



**FUGIO BABY**



**OVERNOTS**



**COMIC COMEDY**



**RADON**



**BECK MACHINE**



**INTERSCORE**



**CONCEPTS PUZZLE**

**HOW TO PLAY**

Fill the grid so that every column's letters (across) and every row's letters (down) contain the digits 1-9. You start at the top left and work your way across the grid.

**Concepts Sudoku**

		1	5					
		8				6		
	9		3	2			8	
7	3							9
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**CROSSWORD PUZZLE**

**CROSSWORD PUZZLE**

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# Deable recipes from 'French Women Don't Get Fat' author

By Jennifer B.1

The book lists recipes for all courses and meals of the day, ranging in complexity from quick scrambled eggs to duck breast with gooseberry wild rice.

Her recipes don't include nutrition information, so you just have to decide for yourself what eating these dishes is worth.

But make no mistake, she's an ally. Julia Child's recipes are so well liked because they're so good. And even compared to what we might find in a French cookbook, they're good.

She clearly knows that making dinner is to control our intake of fat, sugar and salt, which are often found in ready-made foods. But it's more than that. As the New York Times' Gail Simmons explains, it changes one's relationship with food. "It's not just eating, it's savoring."

Gail Simmons has good taste and, although she's the former president and CEO of a champagne

house (Charles Heidsieck), her recipes don't demand a champagne lifestyle, as she explains in her preface.

"Lots of great things are relatively inexpensive. Fresh mushrooms, for example, are very good for you and healthy."

How to eat like a Frenchwoman? According to Simmons, the rules of healthy, delicious eating come in three.

1. Eat clean, prepare meals—breakfast, lunch and supper—but don't snack in between. Limit carbohydrates and sugar (including brown sugar) to your meals.

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3. Eat clean, prepare meals—breakfast, lunch and supper—but don't snack in between. Limit carbohydrates and sugar (including brown sugar) to your meals.

think a chopped tomato and a sliced pear.

4. Make sure the main course has three colors on the plate. It makes nutritional sense and "food should be enjoyed visually," Simmons says.

5. Include some protein, but not carbohydrates in every meal.

6. Consider the three Ps: protein, portion and plus. (Plus means food, not merely and keep portion size sensible, heating it and eat the first three months.)

7. Eat clean, prepare meals—breakfast, lunch and supper—but don't snack in between. Limit carbohydrates and sugar (including brown sugar) to your meals.

8. Eat clean, prepare meals—breakfast, lunch and supper—but don't snack in between. Limit carbohydrates and sugar (including brown sugar) to your meals.

just taste of her last note: "polishing something off."

She spends time discussing various diets and explains why she thinks the Mediterranean diet is the best.

One thing she likes to say is that you can't eat everything. You can't eat everything. You can't eat everything. You can't eat everything.

In addition to recipes, you'll find anecdotes from her mother, grandmother and friends about food and life.

Simmons has a lot to say about food and life. She has a lot to say about food and life. She has a lot to say about food and life.

All in all, she doesn't show anything, except something. Just

that's the point. Her way of eating is simple—but it's modern, too. And enjoy! With these recipes you can eat healthy, get more acquainted with your food and, as a result, be confident you're putting the right things into your body.

If nothing else, trying out some of these recipes will give you a better perspective on appropriate serving and portion of ingredients in measuring to grams.

## Love for French food

The British, Gail Simmons, are ahead of the Americans who "work food programs on television but can't hold an egg."

She shows how to make the Cornish, French and the Lake District, but her husband, as expert on Mexican

British literature, did not.

"I love French food," she explains. "We have wonderful restaurants and amazing produce."

She occasionally allows her self a special on one of sticky olive pudding and it maintains her good size-six figure.

Best of all, a glass of wine is encouraged. One of Simmons' chapters is even entitled "There is a little Champagne."

Now that's a diet anyone can stick to.

"The French Women Don't Get Fat Cookbook" is available on Amazon.com.

## Recipes from the 'French Women Don't Get Fat Cookbook'

### Spaghetti Alla Vongole

1 pound dry spaghetti  
2 pounds clams  
1/2 cup white wine  
1/2 cup olive oil  
3-4 cloves of garlic  
1/2 cup tomato sauce  
1/2 cup fresh ground pepper

1. Bring a pot of water to a boil.

2. Cook the pasta according to the directions.

3. While the pasta is cooking, sauté the onions, a few cloves of garlic and some fresh parsley leaves in a large pot. Add the clams and cook until the shells open.

4. When the pasta is done, drain it and add it to the pot through a strainer.

### Cucumber Salad with Goat Cheese

1 cucumber  
1/2 cup olive oil  
1/2 cup vinegar  
1/2 cup honey  
1/2 cup balsamic vinegar  
2 eggs soft-boiled  
1/2 cup fresh goat cheese  
1/2 cup sliced almonds

1. Cut the cucumber into a round bowl, add cheese and some onions. Then the goat cheese and the almonds.

2. For the dressing, mix the olive oil, vinegar and honey in a bowl. Add the balsamic vinegar and the almonds.

3. When ready to serve, place the cucumber salad in the bowl and add the dressing. Sprinkle with some fresh cheese.

### Stuffed Zucchini with Basil

4 medium zucchini  
1/2 cup olive oil  
1/2 cup tomato sauce  
1/2 cup fresh basil  
1/2 cup fresh goat cheese

1. Cut the zucchini into a round bowl, add cheese and some onions. Then the goat cheese and the almonds.

2. For the dressing, mix the olive oil, vinegar and honey in a bowl. Add the balsamic vinegar and the almonds.

3. When ready to serve, place the zucchini salad in the bowl and add the dressing. Sprinkle with some fresh cheese.

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But at McDonald's, it's not just about the food. It's about the fun. It's about the friends. It's about the memories.

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6:00 pm  
Shelton Activity Center

Register not begin July 15, 2010

Remember to bring the first 500 members who will receive  
a special gift (limited to 500) from the first 500 members who will receive  
a special gift (limited to 500) from the first 500 members who will receive

At the Malls

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